



NutraFiber® Flakes™

High Fiber Peanut Butter Cookies



2 tbsp coconut flakes

1/2 tsp baking soda

What you need:

3/4 cup firmly packed brown sugar

1/2 cup creamy peanut butter

2 large eggs

1 cup quick oats (uncooked)

1/2 cup whole wheat flour

3 tbsp butter, softened

1/3 cup NutraFiber® Flakes™

2 tbsp raisins

2 tbsp granulated sugar

2 tbsp walnuts, finely chopped

1/8 tsp cinnamon powder

Instructions:

1. Preheat oven to 350° F.
2. Beat together butter, peanut butter and sugars until creamy.
3. Add eggs, beat well.
4. Combine flour, baking soda and cinnamon; add to wet ingredients and mix well.
5. Stir in oats, NutraFiber Flakes, raisins, coconut flakes and walnuts; mix well.
6. Scoop out cookie dough with an ice cream scoop or large spoon.
7. Place cookies on ungreased cookie sheet 2 inches apart; 12 cookies per sheet.
8. Bake for 12-14 minutes or until golden brown.
9. Cool 1 minute on cookie sheet; remove to cool on wire rack.

Yield: about 2 dozen cookies

Nutritional Information Serving size: 2 pieces (60 g)	Amount per Serving
Total Carbohydrate, g	31.0
Total Fiber, g	4.0
Net Carbohydrate, g	27.0
Total Protein, g	6.4
Total Fat, g	12.0
Total Calories, kcal	238.4